Partners in Perinatal Health

27th ANNUAL CONFERENCE

Tuesday, May 10, 2016
8:00 am – 4:45 pm • The Four Points by Sheraton, Norwood, MA

SPONSORED BY
Massachusetts Department of Public Health

WITH SUPPORT PROVIDED BY
AdCare Educational Institute, Inc.

We thank our Visionary Sponsors for their confidence and support.
Mission
Partners in Perinatal Health is a statewide partnership of non-profit organizations committed to improving the quality of health care available to childbearing families.

Conference Goals
- To examine current health issues that impact infant survival and women’s health.
- To identify cultural issues affecting perinatal health care.
- To share knowledge and exchange information among health professionals about perinatal health.
- To examine model programs addressing the many conditions that put mothers and children at risk.

Registration
- The deadline for all registrations is May 3, 2016, or when the event reaches capacity.
- Early Bird Registration fee is $120 to attend the conference for registrations received by April 8th.
- General Registration fee is $140 for registrations received after April 8th.
- Conference fee for HMHBCofMA members is $110 for registrations received by April 8th, and $130 after that date.
- Your non-refundable fee pays for entrance to the conference, continental breakfast, lunch, snacks and beverages throughout the day, materials, and CEUs.
- Registration is available by mail or online and credit cards are accepted. To register online, please visit www.piphma.org and select Conference Registration. To register by mail, please complete the registration form, and mail the form and check to AdCare Educational Institute, 5 Northampton Street, Worcester, MA 01605.

PRE-REGISTRATION IS REQUIRED.

- For additional information on the conference, please contact AdCare Educational Institute, 508-752-7313, 508-754-0039/TTY, or e-mail Jennifer Fahey at jadoros@aol.com.
Further Information
A limited number of partial scholarships are available. Applications must be received by March 25, 2016. For a scholarship application, please contact Jennifer Fahey at AdCare Educational Institute, 508-752-7313, 508-754-0039/TTY, or e-mail Jennifer Fahey at jadoros@aol.com.

Conference Exhibitor and Sponsorship Opportunities
- For information on Conference Exhibiting, please contact:
  Joan Singer, 508-759-6800 (Joan@MotherCareServices.com),
  Lois Freedman, 781-784-1380 (Lois@LoisFreedman.net).
- For information on Conference Sponsorship Opportunities, please contact:
  Linda Slak, 781-273-0099 (Islakdc@gmail.com),
  Beverly Nathan, 617-461-4661 (bgnathan@gmail.com),
  Sharon Mullen, 617-480-0918 (samcnm@gmail.com).

Infants
As always, quiet, infants-in-arms are welcome in workshops. Due to fire laws, NO STROLLERS ARE ALLOWED.

Continuing Education
We have applied for IBLCE CERPs for Lactation Consultants for breastfeeding specific presentations only; for Childbirth Educators (6 hours) through the International Childbirth Education Association; for Chiropractors (6 hours) through the Massachusetts Board of Registration of Chiropractors; for Massachusetts Licensed Dietitians/Nutritionists (LDNs – 6 hours); and for Social Workers (6 Hours) applied for through Boston University School of Social Work.

This program meets the requirements of the Massachusetts Board of Registration in Nursing at 244 CMR 5.00 for 7 contact hours for Nurses (RN/LPN). We have also applied for ACNM specialty credits.

AdCare Educational Institute, Inc., is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors (NCC). AdCare Educational Institute, Inc. is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. NBCC Hours: 6

Directions, Parking and Hotel
Our conference will be held at The Four Points by Sheraton Norwood, 1125 Boston Providence Turnpike, Norwood, MA 02062. Norwood is located 15 miles west of Boston, on Route 1 and 128/95. Parking is Free.

Public Transportation: There is a free shuttle that runs from the Norwood Central MBTA Commuter Rail Station to the Four Points by Sheraton.

Please note, we will be in the section of the conference center to the left of the main entrance. Turn in the main entrance, bear left, then look for signage for PIPH and parking for THE TIFFANY BALLROOM.

If you choose to stay overnight, contact The Four Points by Sheraton. Phone reservations: 781-769-7900.
7:15 – 8:15  Registration / Breakfast / Exhibits

8:15 – 8:30  Welcome

**Healthy Mothers Healthy Babies Partners Award**
Presented to **Penny Simkin** for her steadfast commitment and lifelong dedication to improving the childbirth experience for all women, babies, and their families.

8:30 – 10:00  KEYNOTE
**Birth, Breastfeeding and the Microbiome**

**Penny Simkin, PT**  
*Author, Doula, Childbirth Educator, Birth Counselor*  
**Penny Simkin, Inc.**

During birth and the first months of life infants are ‘seeded’ with microbes from the mother’s vagina, skin and breast fluid that will give them the best protection possible against diseases and harmful conditions. Cesarean birth, mother-infant separation and artificial milk expose the baby to different microbes, many of which cause harm. Without the healthy microbes, babies are more prone to develop numerous chronic, non-infectious illnesses.

Penny will explore the latest outburst of information and learnings from the Human Microbiome Project, compare maternity practices that promote a symbiosis in the newborn’s microbiome against practices that create dysbiosis, and reveal microbe-friendly practices and events.

10:00 – 10:30  Break and Exhibits

10:30 – 12:00  BREAKOUT SESSION I

1A. **Out of the Darkness: Supporting Parents and Care Providers Following a Pregnancy Loss or the Death of a Baby or Young Child**

**Kimberly Amato, PT, CD(DONA), ICCE**  
*Founder*  
**Meghan’s Hope and Out of the Darkness Grief Support**

There is no greater loss than the loss of a child. Understanding a parents experience and how their grief changes over time is critical for care givers who work with families in the childbearing years. Explore the stages of grief experienced by parents when told their child is going to die or has died, understand what you can do to support a bereaved parent and recognize what *not* to do. Learn resources providing support for grieving families and caregivers.

1B. **Reiki for the Childbearing Year and Beyond**

**Mary E. Baker, BSN, CNM, Reiki Master/Teacher**  
**Susan Baker, BSN, Reiki Master/Teacher**  
*Newton-Wellesley Hospital*

Explain the history and principles of Reiki and identify the levels of attunement. Recognize how Reiki can serve as a complementary healing energy and appreciate how it has changed outcomes in hospital settings. Identify situations when Reiki will benefit women antepartum, intrapartum and postpartum, and learn how self-Reiki can help caregivers bring positive energy into their work and their own lives.

1C. **Supporting New Fathers**

**Gabriel Fonseca, MS**  
*Fatherhood Coordinator*  
**Massachusetts General Hospital, Chelsea HealthCare Center**

Using stories and quotes to spark thought and dialogue, examine the role of fathers and the family.
Dads can feel overwhelmed, but at the same time feel superfluous to the mother-baby dyad. Investigate scientific findings on the biological changes experienced by some fathers, and reveal the latest findings on the positive implications of father involvement felt by children, mothers and society. Participate in activities that can be used when supporting fathers and their families.

**1D. Spinal Injury in the Newborn: Prevention and Treatment**

*Patti Giuliano, BA, DC, FICPA, EMP*

*Doctor of Chiropractic*

*Westwood Family Chiropractic*

Appreciate the delicate nature of the nerve system and the spinal and cranial structures that protect it. Reveal research and clinical findings on the most common injuries to the spine and nerve system of the newborn. View short segments of births to demonstrate causation. Learn how practitioners can avoid and prevent trauma to the mom and newborn. Discover how a collaboration of the chiropractor and the team of providers can support and ensure the health of the entire birth family.

**1E. Breastfeeding and NAS: Prescribers, Policies and Barriers . . . Oh, My!**

*Julie Grady, MSN, RN, CNL, IBCLC, CIMI*

*Faculty/Professor, Curry College*

*Staff Nurse/Lactation Consultant, Southcoast Health/Tobey Hospital*

*Emily MacIntyre, MSN, RN, CPNP-PC*

*Faculty/Professor, Curry College*

Examine Neonatal Abstinence Syndrome and the necessity of breastfeeding among this population. Identify barriers to initiating and maintaining breastfeeding with a woman who is opioid-dependent and her newborn with NAS. Appreciate the need to educate providers on the benefit of breastfeeding and optimizing maternal-infant attachment to combat infant withdrawal symptoms.

**1F. Into the Depths of the Pelvis: Understanding Structure, Balance and Release**

*Lorenza Holt, MPH, BDT(DONA), Spinning Babies Trainer*

*Executive Director*

*Boston Association for Childbirth Education and Nursing Mothers’ Council*

*Kathy Kates, BSN, MSN, FNP-BC*

*Nurse Practitioner*

*Joseph Smith Community Health Center*

Describe the anatomy and physiology of the main female pelvic structures, including bones, muscles and ligaments that support the growing uterus and impact the birth process. Introduce Spinning Babies exercises that promote greater balance and release of tight or twisted soft pelvic tissues, and encourage optimal birth preparedness. When practiced in pregnancy and labor, these exercises have resulted in mothers with shorter labors and more vaginal births for many mothers around the world!

**1G. Stress, Digestion and Elimination: Simple Changes to Maximize Your Health**

*Gary Kracoff, NMD, RPH*

*Naturopath*

*Johnson Compounding and Wellness*

At all stages of life, healthy digestion and elimination are necessary for us to absorb nutrients from food, ‘fuel’ our health, and eliminate toxic substances and metabolic waste. Discuss stress and the negative effects it can create. Review proper digestion and elimination, learn how to identify problems, and describe basic steps necessary to assist the body in dealing with stress and restore healthy digestion, elimination and detoxification for good health.
1H. Mindfulness-Based Childbirth and Parenting (MBCP): Bringing Mindfulness to Women and Families, Decreasing Disparities and Increasing Resiliency

Jennifer Averill Moffitt, MSN, CNM
Perinatal Services Manager, Family Health Center of Worcester
Instructor, UMass Medical School

Danielle Schuman-Olivier, MSN, CNM
Nurse-Midwife, Mount Auburn Hospital

Describe Mindfulness-Based Childbirth and Parenting (MBCP), a program with four intentions: to teach Mindfulness life skills for decreasing stress during pregnancy and beyond; provide Mindfulness training for pain; learn Mindfulness for parenting with wisdom and compassion from the moment of birth; and cultivate Mindfulness skills for interrupting intergenerational patterns of suffering. Examine research around mindfulness-based interventions and the potential that MBCP has for reducing health disparities and optimizing outcomes.

12:00 – 1:30 Lunch and Exhibits

Optional Lunch Event

Talking with your Mouth Full: The Role of Legislative Commissions in Improving Perinatal and Postpartum Health

Join the HMHB Coalition of Massachusetts along with Representative Ellen Story, Senator Joan Lovely and Yaminette Diaz-Linhart, Director of Special Legislative Commission on Postpartum Depression, inviting you to the table for lunchtime networking. Enjoy a discussion on the history and role of a special legislative commission in the state of Massachusetts working to improve women's perinatal and postpartum mental health. Lunch will be in a separate room; this session is no additional cost.

Pre-registration is required.

1:30 – 3:00 BREAKOUT SESSION II

2I. More than PPD: Peripartum Emotional Complications in the Pregnancy and Postpartum Period

Mara Acel-Green, LICSW
Clinician
Strong Roots Counseling

Discuss emotional complications that arise during the peripartum period. Highlight strategies for discussing perinatal mood issues during birth classes and perinatal visits, and practice screening tools. Present models on how to discuss these issues with families, recognize potentially high risk women, and identify treatments to support women and their families.

2J. Promoting Identification and Assessment of Substance Use Disorders During and After Pregnancy

Nancy Byatt, DO, MBA, FAPM
Medical Director, MCPAP for Moms
Assistant Professor of Psychiatry and Obstetrics & Gynecology, UMass Memorial Medical Center/UMass Medical School

Leena Mittal, MD
Director, Boston Hug, MCPAP for Moms
Director, Reproductive Psychiatry Consultation Service, Brigham and Women's Hospital
Instructor in Psychiatry, Harvard Medical School

Massachusetts is in the midst of a crisis of substance use, particularly opioid use disorder. Pregnant women and their children are among the most affected and vulnerable populations. Front line providers serving these mothers and their families often do so with limited access to the resources needed. Build capabilities of practitioners serving perinatal women to identify and counsel women regarding substance use disorders in pregnancy.
2K. Eating Disorders: Pregnancy and Postpartum

Laura Roias, MSW, LICSW, CEDS  
Program Director  
Walden’s Worcester Clinic  
Corrine Archibald  
Coordinator of Outpatient Nutrition Services  
Walden Behavioral Care

Overview of eating disorders and the risk factors and perinatal medical complications that can result. Identify eating disorders in prenatal and postpartum women, and appreciate the psychosocial pressures on women during these periods. Take an in-depth look at the nutritional needs of women and the role of care providers who may suspect a patient or client is struggling with an eating disorder.

2L. When Pain Becomes Suffering in Labor

Penny Simkin, PT  
Author, Doula, Childbirth Educator, Birth Counselor  
Penny Simkin, Inc.

One birthing woman in four describe their child’s birth as traumatic. This can impact long-term mental health and a mother’s relationship to her baby. Maternity staff and doulas who can differentiate pain from suffering are crucial to long-term maternal emotional well-being. Learn to recognize prenatal and intrapartum factors that increase the likelihood of trauma, and understand how using preventive support strategies during labor can reduce or avert post-traumatic stress symptoms following childbirth.

2M. Young, Motivated, Successful: Shifting the Framework on Teen Parenthood

Lauren Singer  
Youth Policy Coordinator, Massachusetts Alliance on Teen Pregnancy  
Ciara Mejia  
Social Media Coordinator, Massachusetts Alliance on Teen Pregnancy

The Young Parent Policy Fellows is a group of dedicated young parents committed to strengthening leadership skills and advocating for expectant and parenting teens in Massachusetts. Explore perceptions of teen parenthood and how shame and stigma intersect with the healthcare system. Hear young mothers discuss their own journey through teen parenthood and answer everything you ever wanted to know about the teens you work with.

2N. Good Instincts: Neurology of the Infant

Linda Slak, DC, CACCP, CABCDD  
Chiropractor  
Slak Chiropractic Group  
International Chiropractic Pediatric Association

Neurodevelopmental delays in the first year of life can lead to the need for Special Ed and a lifetime of unnecessary stress for the entire family. Demonstrate the Primitive Reflex Exam and assess tone, postures and positioning in the infant and why they are important. Appreciate how every day activities affect proper brain development and learn strategies and techniques that can help babies reach their critical milestones, restore proper neuro-development and learn like champs!
20. What Mom Wants You to Know – Bedside Help for Breastfeeding

Sherry A. Spacco, RN, IBCLC
Lactation Consultant
Newton-Wellesley Hospital and Norwood Hospital

Demonstrate how the nurse/lactation consultant at the bedside can help mothers and babies breastfeed. Learn how to listen to what the mother and baby are communicating, appreciate how much information the mother can absorb, and focus on the key points of breastfeeding to educate and encourage the mom.

2P. Supporting Family Sleep in an Integrated Way

Teresa Stewart, MS, MPH
Founder/Owner
Teresa Stewart: Family Solutions

“My baby is not sleeping” is just the tip of the iceberg. Sleep is a critical factor to consider when working with families during pregnancy, birth and beyond. The quality and amount of sleep impacts physical and mental health, an infant’s development and ability to regulate emotions, attachment between parents and baby, maternal depression, relationship between parents, a family’s safety . . . and more. Gain a foundation of sleep knowledge, and learn strategies to support the entire family’s sleep.

3:00 – 3:15 Break and Exhibits

3:15 – 4:45 CLOSING KEYNOTE

Strengthening Our Future

Marcia Schaefer, DC
Chiropractor
Spring Creek Family Chiropractic

The strength of our future will come from our children. With maternal death rates rising, discuss the need to stop this trend and change our future. Preconception health of both mom and dad are vital to the epigenetic inheritance of our children, their children and the future of our species. Discuss the missing links that have been found clinically to support healthy families from fertility forward. Explore how many fertility, pregnancy and childhood health concerns are dramatically decreased when the focus changes from reactive to proactively improving the body environment and allowing health to express itself.

4:45 – 5:00 Evaluations / Exhibits / Continuing Education Distribution

Partners in Perinatal Health supports the World Health Organization Code regarding the marketing of breast milk substitutes. All exhibitors and sponsors are required to comply with the Code.

Acceptance of speakers or exhibitors does not imply endorsement of any specific organization, methodology or product by Partners in Perinatal Health, Healthy Mothers, Healthy Babies of MA, the Massachusetts Department of Public Health, Partner member organizations, or the planning committee.
Registration Form

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(FILL IN BELOW AS IT SHOULD READ ON YOUR NAME TAG)

**NAME:**

**ORGANIZATION:**

**PROFESSION:**

**ADDRESS:**

**CITY/STATE/ZIP:**

**TELEPHONE:**

**E-MAIL ADDRESS:**

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### Please indicate your workshop choices below:

**SESSION I**  •  **Session Choices** *(indicate 1st and 2nd choice with a “1” and “2”)*

1A _____  1B _____  1C _____  1D _____  1E _____  1F _____  1G _____  1H _____

**SESSION II**  •  **Session Choices** *(indicate 1st and 2nd choice with a “1” and “2”)*

2I _____  2J _____  2K _____  2L _____  2M _____  2N _____  2O _____  2P _____

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- **Check/Money Order** (payable to AdCare Educational Institute, Inc.)
- **Credit Card**
  - MasterCard
  - Visa
  - American Express

**CARD NUMBER** (please include ALL digits)

**3-digit security code for MC and VISA**

**4-digit security code for AX**

**PRINT name exactly as it appears on card**

**EXPIRATION DATE**

**SIGNATURE** required for credit card registrations

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### Optional Lunch Event

**Talking with your Mouth Full:**

HMHB and Representative Ellen Story, Senator Joan Lovely, and Yaminette Diaz-Linhart

- **YES**, I plan to join HMHB.
  *(details provided the day of the conference)*

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### Vegetarian lunches will be served.

If you are deaf or hard of hearing, or are a person with a disability who requires accommodations, please contact AdCare Educational Institute at (508) 752-7313, TTY (508) 754-0039 by April 12, 2016.